# Hair & Nails

Hair density on the head ranges between 200 and 900 hairs per square centimeter. Our hair grows one third of a millimeter each day. Up to 90 percent of the hair on the head is consistently in a phase of proliferation. Especially in men, its growth diminishes with age. Some ten percent of the human hair consists of water. Its dry matter is mostly made up of special proteins called keratins. Healthy hair has a high content of cysteine, a sulfurous amino acid which makes the hair stronger and protects it from free radicals and their destructive effect on cells. The hair also needs silicon. A lack of these substances needs to be replenished around the clock.

Fingernails grow four times quicker than toenails. They consist of 100 to 150 stacked layers of cells. Not only the horn substance keratin but also MSM, a derivative of sulfur, and biotin (vitamin H) are essential for healthy nails. Chronobiological preparations guarantee an optimal supply to meet the changing needs throughout the day.